

Collard Green Gumbo with Ham Hock

Rating: ★★☆☆

Cook time: 1 hour, 0 minutes

Makes: 4 Servings

Tender collard greens flavored with ham hock, onion, green pepper, celery, and red pepper make up this thick and flavorful gumbo. Serve over brown rice for an all-time favorite meal any night of the week.

Ingredients

- 2 tablespoons** vegetable oil
- 1** large onion (peeled and diced)
- 3** celery stalks (chopped)
- 2 cloves** garlic (peeled and minced)
- 1 teaspoon** dried thyme
- 1/2 teaspoon** chopped red pepper flakes
- 1/2 teaspoon** salt
- 1/2 teaspoon** dried oregano
- 2 tablespoons** whole wheat flour
- 4 cups** water
- 6 cups** chopped collard greens
- 2 pounds** ham hock
- 2 cups** cooked brown rice

Directions

1. Put a skillet on the stove and turn the heat to medium. When it is hot, add the oil. Add the onion, bell pepper, celery, garlic, thyme red pepper flakes, salt and oregano, and cook until golden, about 20 minutes.
2. Add the flour in small amounts, sprinkling a little



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	134	
Total Fat	6 g	9%
Protein	4 g	
Carbohydrates	17 g	6%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	183 mg	8%

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Vegetables	3/4 cup
Grains	1/2 ounce

bit at a time and stirring well, until it turns slightly brown, about 10 minutes.

3. Slowly, add the water, stirring constantly. Add the ham hock. Raise the heat to high and when it comes to a boil reduce heat to low.

4. Add the collard greens and cook until tender, about 45 minutes.

5. Divide the brown rice between 4 shallow bowls and top each with about 1 cup of gumbo.

Notes

One medium size chicken sausage link can be substituted for a ham hock.

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